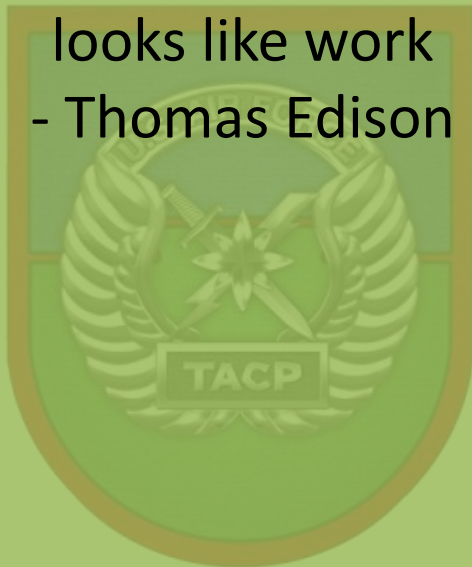




WORDS TO LIVE BY



Opportunity is missed by most because is it dressed in overalls and looks like work
- Thomas Edison



BADASS OF THE WEEK

Hector A. Cafferata, Jr US Marine Korean War

All the other members of his fire team became casualties, creating a gap in the lines, during an attack. Cafferata waged a lone battle with grenades and rifle fire as the attack endangered the integrity of the entire defensive perimeter. Becoming the target of automatic weapons, rifles, grenades, and mortars, he maneuvered up and down the line and delivered fire against the enemy, killing 15, wounding many more, and forcing the others to withdraw. Marine reinforcements were then able to support the position. Later that same morning a hostile grenade landed in a trench occupied by wounded, Cafferata, under heavy fire, seized it in his right hand and hurled it before it detonated, seriously wounding him in the right hand and arm. He fought on until he was struck by a sniper's bullet and forced to be evacuated.

DROWNING IN BEERBAUM

| | |
|-------|--|
| Mon | <p><u>Time Trial</u> 550 Time Trial Tread 5 min: Add weight every min Underwaters 5 @ 1:30</p> |
| Tues | <p><u>Sprint Swim</u> Freestyle 10 x 100m @ 1:15 Freestyle 10 x 50m @ 1:00 Underwaters: 3 @ 1:20</p> |
| Wed | <p><u>Fin Day</u> Fin 10 x 100 @ 2:30 Weighted Treading 5 @ 1:00 10 Underwaters @ 1:45</p> |
| Thurs | <p><u>Endurance Swim</u> Freestyle 1200m @ 80% Hypo Swim @ 6 strokes: 50, 100, 150, 200, 150, 100, 50 Rest PRN</p> |
| Fri | <p><u>Ruck Day</u> Ruck 2 miles @ 60 lbs 50 reps: 8 Counts, Flutter Kicks, Pushups, Leg Lifts, Squats Ruck 2 miles @ 60 lbs</p> |

The Big Hart

| | |
|-------|---|
| Mon | <p><u>Cals Day</u> 50 - 8 Counts 8 x 30 Pushups @ 1:30 8 Rounds: 10 Pullups, 25 Situps, 25 Squats</p> |
| Tues | <p><u>Uncle Ricky's Danger Dungeon: Level A</u> (Adjust Weight to Ability)</p> |
| Wed | <p><u>Fucktional Fitness (ABUs):</u> Warmup: 50 x 8 Counts 4 Rounds: 30 yd Tire Flip, 200 yd Farmers Carry 45#, 10 x 4 Count Iron Mikes, 1 min Front Lean Rest, 100 Flutter Kicks</p> |
| Thurs | <p><u>Uncle Ricky's Danger Dungeon: Level B</u> (Adjust Weight to Ability)</p> |
| Fri | <p><u>Cals:</u> 5 Rounds: Row 500m, 40 Pushups, 30 Flutter Kicks, 20 Squats, 1 min Front Lean Rest</p> |
| Sat | <p><u>Uncle Ricky's Danger Dungeon: Level C</u> (Adjust Weight to Ability)</p> |





Gilligan's Island of Suck

| | |
|-------|--|
| Mon | <u>Time Trial Day</u> 3 mile Time Trial |
| Tues | <u>Track Workout</u> 400m warmup 5 x 800m @ 5:00 interval 10 min recovery jog Stretch |
| Wed | Get to a yoga studio and do yoga. Become a flexible beast. |
| Thurs | <u>Endurance Run</u> 6 miles @ 70% Stretch |
| Fri | <u>Recovery Day</u> Run or Bike or Row for 30 min @ 70% |

UNCLE RICKY'S DANGER DUNGEON

| Level A | Level B | Level C |
|--|---|--|
| Alt Med Ball Pushups 2 x 10 | Medicine Ball Slam 2 x (50 sec on 10 sec off) | Box Jump 3 x 8 |
| 4 Rounds: Flat Bench #135 – 165 @ 10 Pushups 2 min or 56 (Which ever is first) Forward Leaning Rest 1 min | Wall Ball 2 x (40 sec on, 20 sec off) | Squat #135 @ 15 #185 @ 10 #225 @ 2 x 6 |
| Smith Machine Bent Over Row 12, 10, 8 | Deadlift #135 @ 15 #185 @ 10 #225 @ 2 x 6 | Deadlift #135 @ 15 #185 @ 10 #225 @ 2 x 6 |
| Close Grip Flat Bench #135 @ 4 x 6 | Clean and Press #75 – 135 @ 12, 10, 8 | Thruster #75 – 135 @ 3 x 8 |
| Manmakers #30 @ 3 x 12 | Back Extensions No Weight @ 20 #10 – 25 @ 2 x 12 No Weight @ 20 | 3 Rounds: Lunge #75 – 135 @ 5 per side |
| | Seated Wide Grip Cable Row Increase Weight Each Set 15, 12, 10 | Squat #75 – 135 @ 5 |
| | Wide Grip Pullups 8, 6, 4, 2 | Wall Sit Add Weight until Failure 30 sec on 1 min off |
| | Swimmers 3 x (30 sec on/ 30 sec off) | |

